



## Communication Effectiveness Inventory

Circle the best answer ("True" or "False") for each of the statements below continuing to the next page.

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|--|------|-------|
| 1. I feel criticized by my spouse.   | TRUE | FALSE |
| 2. When I share my feelings with my spouse, I feel understood and supported.         | TRUE | FALSE |
| 3. I feel that my spouse does not listen to me.                                      | TRUE | FALSE |
| 4. My spouse shares his or her insecurities with me.                                 | TRUE | FALSE |
| 5. I would rather tell a small lie than get into an argument.                        | TRUE | FALSE |
| 6. I feel refreshed when I have time alone with my spouse.                           | TRUE | FALSE |
| 7. My spouse finishes my sentences for me.   | TRUE | FALSE |
| 8. We are generally able to work through disagreements without much trouble.         | TRUE | FALSE |
| 9. It is not easy for me to share my feelings with my spouse.                        | TRUE | FALSE |
| 10. I feel respected by my spouse.   | TRUE | FALSE |
| 11. When I bring up a problem with my spouse, he or she often turns it around on me. | TRUE | FALSE |
| 12. I feel appreciated.  | TRUE | FALSE |
| 13. We don't agree very often.   | TRUE | FALSE |
| 14. We enjoy going out on dates alone.   | TRUE | FALSE |
| 15. I feel that my spouse does not give me credit for much.                          | TRUE | FALSE |
| 16. I feel loved.  | TRUE | FALSE |
| 17. My spouse does not like to share what is on his or her mind.                     | TRUE | FALSE |
| 18. My spouse understands me.  | TRUE | FALSE |
| 19. We tend to have unresolved disagreements.  | TRUE | FALSE |
| 20. We have effective communication.   | TRUE | FALSE |
| 21. My spouse does not give me his undivided attention when I talk to him.           | TRUE | FALSE |
| 22. My spouse asks for my opinion.   | TRUE | FALSE |
| 23. During disagreements, we will shout at each other.                               | TRUE | FALSE |
| 24. I feel that we are on the same team most of the time.                            | TRUE | FALSE |
| 25. We fight in front of our children.   | TRUE | FALSE |
| 26. I am honest with my spouse.  | TRUE | FALSE |
| 27. Our communication is frustrating to me.  | TRUE | FALSE |



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|---|------------|
| 28. I feel trusted by my spouse.  | TRUE FALSE |
| 29. My spouse gives me the "silent treatment."                                    | TRUE FALSE |
| 30. My spouse values my opinions.   | TRUE FALSE |
| 31. My spouse interrupts me.  | TRUE FALSE |
| 32. I am able to give input to my spouse on the projects he or she is working on. | TRUE FALSE |
| 33. Our communication is mostly superficial.                                      | TRUE FALSE |
| 34. I feel encouraged by my spouse.   | TRUE FALSE |
| 35. I feel that I am not allowed to think for my self.                            | TRUE FALSE |
| 36. My spouse gives me valuable feedback.   | TRUE FALSE |
| 37. Our personality styles cause conflict in our marriage.                        | TRUE FALSE |
| 38. My spouse has good listening skills.  | TRUE FALSE |
| 39. My spouse tells me what to do.  | TRUE FALSE |
| 40. I feel connected with my spouse.  | TRUE FALSE |

Count the odd numbered questions you answered "False" and enter the total here: \_\_\_\_\_

Count the even numbered questions you answered "True" and enter the total here: \_\_\_\_\_

Add the scores and enter the total here: \_\_\_\_\_

Scoring:

30–40: Your communication is excellent; keep it up!

20–29: Your communication is good; continue to work at it.

10–19: Your communication needs work; you may want to do further study in a book from the resource section at the end of this manual.

Below 10: You should seek out a counselor to help you learn some basic communication skills.

The purpose of this inventory is to give you an idea about where your communication skills are presently. Communication is a learned skill; you can improve. Please do not use this inventory to attack your spouse for his or her poor communication habits. Excellent communication takes two strong communicators. Poor communication takes two poor communicators. Your score depends on the two of you and the two of you will be able to improve it.